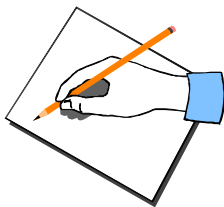


Gathering the Diet Information

This section discusses how to complete a 24-hour Food Recall and a Food Frequency form. First, there are some general points discussed for using either form. Then the 24-hour Food Recall and the Food Frequency are discussed separately as to how they are completed when screening a participant.

In most local WIC agencies participants are given the 24-hour Food Recall or Food Frequency to complete before their next WIC appointment. It is often given at a previous appointment or it is mailed to them. Some agencies prefer to give the participant the form in the waiting room before their appointment and others have the participant complete the diet information during the WIC appointment. Many clinics end up doing some combination of the above to fit the needs of individual participants and depending on the type of information needed.

In an ideal situation it is best to let the participant complete their diet forms on their own without assistance. There is less tendency on the part of the participant to give diet information that they think the WIC staff want to hear. There is also less tendency for WIC staff to give subtle cues that guide the information being given by the participant. Staff should allow the participant to complete the information and then ask questions after the participant is finished. This helps give the truest picture of what the person ate.



There are obvious exceptions when a participant may require assistance in completing a Diet Recall or Food Frequency. If a participant is unable to read or write or if the forms require translation staff may need to help. When assisting a participant staff need to be as objective as possible. Let the participant give the information without any comments or feedback. Staff should write the information down as the participant gives it and then ask questions later.

After the participant has completed a Food Recall or Food Frequency it is then appropriate to ask questions. This should be done in a non-judgmental way to avoid creating false information. Ask questions to clarify information that is ambiguous or missing. If a participant lists that she had a casserole for dinner this would be the time to ask what kind, how much, and how it was made. If the participant omitted portion sizes or if the information is not clear (Did they drink 100% fruit juice or just fruit drink?) this is the time to ask.

Clarifying Diet Information

It is appropriate to ask people about foods that they did not list on their diet form. If a person said they had dry cereal for breakfast it is appropriate to ask if they had milk on their cereal. If a person reports that their child had a hotdog for lunch it is appropriate to ask if it was just a hotdog or if it was eaten with bread or a bun. WIC staff need to use caution when asking about foods not listed on the diet record, however. Research has shown that people will report they have eaten more foods when asked more questions.

Because the Food Recalls and Food Frequencies are used for certifying WIC participants write clarifying information on the diet form as it is gathered from the participant. For example, if the participant wrote that she drank 16 ounces of orange juice for breakfast, but during questioning she informs you that the orange juice was orange drink then the orange juice on the form should have a line drawn through it and “orange drink” should be written in place (see example A below). Any WIC staff person looking at a 24-hour Food Recall or a Food Frequency should be able to evaluate the diet for adequacy and come up with the same assessment.

Finally, the 24-hour Food Recall or the Food Frequency should not be used to educate the participant about their diet. Once the analysis of the diet is finished, use other educational materials to educate the participant. The 24-hour Food Recall and Food Frequency are designed for staff use and not as educational materials.

24-hour Food Recall

Instructions for completing a 24-Hour Food Recall (Example A)

1. The Colorado WIC Program 24-hour Food Recall form is intended to be filled out by the participant (or guardian) and then be reviewed and screened by WIC staff. The 24-hour recall form is a written record of what the person recalls (remembers) eating or drinking over a 24-hour period, usually the day prior to their certification appointment. The 24-hour recall does not have to be from the previous day, but it should reflect a recent day and a fairly typical day's food intake.

If a person reports that their completed 24-hour Food Recall does not represent a typical or usual day's intake it is not necessary to have them complete another 24-hour Food Recall. The completed form can be assessed and used for screening purposes at a certification/recertifica-



tion visit. Staff, however, should make notes in the participant's education record describing that the 24-hour recall was not a typical day's intake. In the note describe how the person's usual diet is different. This allows for appropriate counseling or education at follow-up visits.

2. When completing the 24-hour Food Recall the participant is instructed to include all foods or drinks consumed during a 24-hour period whether consumed at meals or not. Remember that some people do not consider drinks or snacks to be "food." Instruct the person to include all foods and beverages, anything that they ate or drank. The participant is also asked to record:
 - times foods are eaten
 - amounts of foods or beverages consumed. Measurements should be in cups, measuring spoons, or in the case of cheese, meat, fish, or poultry, ounces* (most people cannot accurately estimate ounces so sometimes it is helpful to ask a person to relate the serving size for meat, fish, and poultry to a pack of cards which equals about 3 ounces. Food models are also very useful in trying to estimate meat portions.).
3. The 24-hour Food Recall is then reviewed by a WIC staff member to clarify and complete the recall information. The WIC staff person should work with the participant to complete missing information such as portion sizes, clarify unrealistic portion sizes, document what is contained in food items that are mixtures of foods, and verify with the participant that the list of foods represents all foods that were consumed during the 24-hour period. If the food intake seems unrealistic staff should carefully inquire about reported information to determine if it is correct.
4. Using the **Daily Food Guide Screening Tool** and **Index of Mixed Dishes** the WIC staff person then translates each food into its corresponding food group(s) and number of servings. The number of servings from each food group are then listed in the columns **to the right of the food** on the 24-hour Food Recall form. The servings are then totaled at the bottom of each column.

Do **NOT** lump the analysis of several foods together on one line of the 24-hour Food Recall. The food group analysis of each food should be to the right of that food.

Incorrect

5:00	roast beef	4 oz	1½	2		2		
	mashed potatoes	½ cup						
	corn	½ cup						
	milk	12 oz						

Correct

5:00	roast beef	4 oz		2				
	mashed potatoes	½ cup				1		
	corn	½ cup				1		
	milk	12 oz	1½					

The **Daily Food Guide Screening Tool** lists the recommended number of servings for each category of WIC participant and their respective portion sizes. When screening the diets of pregnant, breastfeeding, and postpartum women or teens the **Daily Food Guide Screening Tool for Adults** is used. When screening the diets of children use the **Daily Food Guide Screening Tool for Children**. For example, ½ cup of milk equals ½ serving of dairy on the adult form, but equals one full serving on the child form. The serving sizes and the recommended number of servings on the child form are different from those on the adult form. The differences reflect the different nutrient needs of a child and the smaller serving sizes typically eaten.

Optional:

Staff may choose to place an “I” (Inadequate) in the bottom row of the column if the number of servings actually eaten is less than the suggested. An “A” (Adequate) is placed in the last row of the column if the number of servings actually eaten is equal to or greater than the suggested number of servings.

5. The “Suggested Servings Needed” row is filled in with the correct number of servings for each food group recommended for the participant’s age group or category. The “suggested” number of servings is compared against the number of servings is compared against the actual intake totals.

COLORADO WIC PROGRAM 24-HOUR FOOD RECALL

EXAMPLE A

NAME

24

AGE

DATE

DAY/DATE

Please write down everything you (or your child) eat or drink on a typical day. If yesterday was a typical day, you may write down those foods. Begin with the first thing eaten after getting up until the last thing eaten before bed time. If you or your child get up and eat or drink during the night or eat or drink anything between meals, please list those foods too. Tell us as much as you can about how the foods were prepared (baked, fried, raw, etc.) and how much you eat in cups, teaspoons, or ounces.

FOOD OR DRINK			FOR STAFF USE ONLY						
TIME	EATEN	AMOUNT	Dairy Prod.	Meat/Meat Alt.	Bread/Cereal	Fruits/Vegs	Vit. A	Vit. C	Other
7:00	ORANGE JUICE <i>orange drink</i>	16 oz							1
	TOAST WITH BUTTER	2			2				1
10:00	BAGEL WITH CREAM CHEESE	1			2				1
12:00	SANDWICH WITH TURKEY	2 Bread 2 oz Turkey		1	2				
	ORANGE	1				1		1	
	MILK	12 oz	1 1/2						
5:00	PORK CHOP	1 (3oz)		1					
	MASHED POTATOES	1/2 cup				1			
	STEAMED BROCCOLI	1/2 cup				1	1	1	
	POW WITH BUTTER	1			1				1
7:00	ICE CREAM- VANILLA	3/4 cup	1/2						
	COOKIE - CHOCOLATE CHIP	1							1
Total Servings Eaten			2	2	7	3	1	2	5
Suggested Servings Needed			4	3	6	5	1	1	-
Adequate (A) or Inadequate (I)			I	I	A	I	A	A	

Assessed by: Signature / Date (Staff)

WIC #425 (rev. 5/96)

6. The educator signs and dates the 24-hour Food Recall form. The numbers of servings are then entered into the ASPENS system for assessment by the computer. See Example A for a completed 24-hour Food Recall form.

Food Frequency Form

Instructions for Completing the Food Frequency (Example B)

1. The form is initially filled out by the WIC participant (or caregiver). WIC staff may assist the person to complete the form when necessary. The form may be filled out by the participant before coming to the WIC clinic, immediately before their WIC appointment in the waiting room or during the WIC appointment.
2. After the form is completed by the WIC participant (or caregiver), the WIC educator needs to inquire about the usual serving size for milk. The serving size is written on the line next to “Milk: whole, 2%, 1%, skim, flavored.”

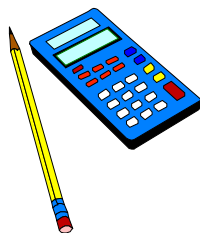
Example B shows a completed Food Frequency form. The participant who filled out this form stated that her usual serving size of milk is 12 ounces. The educator noted this on the “Milk” line.

3. The WIC educator then reviews the completed form with the participant to make sure the participant understood the form. Questions are asked to verify the accuracy of information listed (for example, questions should be asked about unusual numbers of servings for a particular food group or if no servings are listed for a particular food group). Staff need to be especially careful to ask if the participant ate any foods that were not listed on the form.

“Flavored” foods are not the same as the actual food and often do not contain the same nutrients. Many “flavored” foods contain little or none of the actual food. Therefore, apricot-“flavored” yogurt would not be considered a fruit or vegetable and would not be considered a source of vitamin A.

Write explanations given by the participant that clarify information on the food frequency form. In example B, the participant happens to mention that her source of vitamin A is apricot flavored yogurt. Since apricot flavored yogurt is not a food high in vitamin A the educator crossed off the vitamin A on the Food Frequency. (Ordinarily with a Food Frequency staff would not ask about the source of vitamin A, but since the participant volunteered the information the correction should be made.)

Additional foods eaten by the participant that are not listed on the form are written in the box at the bottom of the



Food Frequency form. “Additional” foods are converted to food groups using the **Daily Food Guide Screening Tool** and **Index of Mixed Dishes**. Food group analysis of the “other” foods is written beside each food at the bottom of the form. The totals are not adjusted on the Food Frequency form in the “WIC Use Only” column. When the number of servings from each group are entered into ASPENS the extra servings from these other foods are added to the totals at that time.

Look at Example B. The woman who completed this Food Frequency indicated at the bottom that she had Shepherd’s Pie. To the right of the food the WIC educator has indicated the composition of shepherd’s pie and its corresponding food groups. The food group servings from the Shepherd’s pie are not included in the “WIC Use Only” totals on the form. When the WIC educator enters the numbers of servings for each food group into ASPENS the extra servings are then added. Instead of entering one serving for meat the educator would enter 2 servings to include the shepherd’s pie. Total servings of fruits and vegetables would be $5\frac{1}{2}$ (1 from “juice,” 2 from “other fruits and vegetables,” and $2\frac{1}{2}$ from the shepherd’s pie - more on how fruits and vegetables are calculated later)

4. In the “WIC Use Only” column, the WIC educator tallies the numbers of servings from each food group. This column has been divided to show food groups. In a few cases foods are listed in more than one group (for example, pizza and macaroni and cheese). For most foods it is not necessary to ask about portion sizes. The form assumes that age appropriate portions were eaten. If a participant indicates that a portion size of a particular food is unusual (very large or very small) then the number of servings in the “WIC Use Only” are adjusted accordingly and a notation made to explain the adjustment (for example, the actual portion size should be listed). The portion size for fluid milk is used by the WIC staff to help compute the number of servings consumed from the dairy group for the day.

In example B, the participant reports she had two servings of milk. When asked, she told the educator that she drinks 12 ounce glasses of milk. Since 8 ounces of milk is a serving for an adult the participant actually drank 3 servings of milk (she listed 2 servings because she had two glasses). The number of servings she wrote on the Food Frequency (2) is not changed, but when totaling the number of dairy

servings the educator would list the corrected number. In example B, the participant's total servings of dairy is 4. She had three servings of milk plus one serving from "Milk based soups, ice cream, yogurt, pudding."

The fruit and vegetable group is divided into high vitamin C fruits and vegetables, high vitamin A fruits and vegetables, and "other fruits and vegetables." When entering the total number of servings of fruits and vegetables into the WIC ASPENS system, it is important to add the total numbers of vitamin C, vitamin A, and other fruits and vegetables to get a "total" fruit and vegetable number ASPENS.

5. The educator then signs and dates the food frequency form. The numbers of servings are then entered into the ASPENS system for assessment by the computer.

The food frequency is primarily for the purpose of certifying individuals on the WIC Program and for getting a general idea of how a person eats. The form is not recommended when more detailed diet information is needed (for example, with high risk counseling). When more detailed diet information is needed, use a 24-hour Food Recall form.

Name EXAMPLE BDate DATE

What Did You Eat Yesterday?

Instructions: For each group of foods listed below write the number of times you ate the foods yesterday. If you did not eat any foods in a group put a "0" in the column.

Type of Food	Number of Times Eaten	WIC Use Only
MILK: whole, 2%, 1%, skim, flavored <u>1202</u>	<u>2</u>	<u>4</u>
CHEESE, COTTAGE CHEESE, PIZZA, MACARONI & CHEESE		
MILK BASED SOUPS, ICE CREAM, YOGURT, PUDDING	<u>1</u>	
MEAT, POULTRY, FISH: hamburger, roast beef, steak, pork chops, ham, chicken, turkey, tuna fish, stew, casserole with meat or fish, burrito		<u>1</u>
LUNCHEON MEATS, HOT DOGS, SAUSAGE		
EGGS		
DRY BEANS, PEAS, LENTILS, PEANUT BUTTER, TOFU, NUTS	<u>1</u>	
CEREAL: hot or cold	<u>1</u>	<u>3</u>
RICE, NOODLES, PASTA, MACARONI, MACARONI & CHEESE, SPAGHETTI	<u>1</u>	
SANDWICH, BREAD, TOAST, ROLLS, BAGELS, TORTILLAS	<u>1</u>	
PANCAKES, WAFFLES, PIZZA, CRACKERS, BISCUITS, POPCORN		
VITAMIN A FRUITS AND VEGETABLES: apricots, broccoli, cantaloupe, carrots, red chili , collards or kale (greens), mango, pumpkin, spinach, sweet potato, winter squash <u>apricot yogurt</u>	<u>1</u>	<u>0</u>
VITAMIN C FRUITS AND VEGETABLES: broccoli, Brussels sprouts, cantaloupe, green chile, grapefruit, orange, green pepper, strawberries		<u>1</u>
JUICE: orange, grapefruit, tomato or other juices	<u>1</u>	
OTHER FRUITS AND VEGETABLES: including potatoes, tomatoes, corn, salads, bananas, apples, and any other fruits or vegetables not listed above	<u>2</u>	<u>2</u>
OTHER DRINKS: Soda pop, coffee, tea, Kool-aid, fruit drink, sports drinks		
ALCOHOLIC BEVERAGES: beer, wine, mixed drinks		
Potato chips, corn chips, pretzels		
Candy, cake, cookies, donuts, poptarts		
List any other foods eaten which were not listed above: <u>Shepherd's Pie (1 cup mashed potatoes, ground beef, green beans, gravy) = 2 Fru, 1 Meat, 1/2 Fru</u> <u>1/4 cup 1/2 cup</u>		

Entering Information Into ASPENS

Once the WIC participant's diet has been assessed the number of servings from each food group are entered into ASPENS on the WICPS105 screen for children and the WICPS104 screen for women (see examples below).

WICPS105 CHILD

Diet Information {

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WICPS105                                COLORADO WIC PROGRAM - CDPHE                                12/01/1999
TPAIN                                     UPDATE INFANT/CHILD HEALTH DATA                                1:52:22 pm

PARTICIPANT ID: 310-0000045              NAME: EXAMPLE              CHILD
CATEGORY: C                               DOB: 08/21/1998   1 YRS 3 MOS 1 WKS
VISIT DATE: 12/01/1999   VISIT TYPE: C   CERTIFICATION/RECERTIFICATION
WIC MOTHEP:              MOTHER ID:
ANTHRO DATE: 12/01/1999

HEALTH DATA                                BREASTFEEDING DATA
BIRTH WEIGHT: 0 LBS 0 OZ
BIRTH LENGTH: 0 0/8 IN
HEMATOCRIT: 0.0 %
HEMOGLOBIN: 0.0 (GM/100ML)
BLOOD LEAD: 99 (UG/DL)
WEIGHT: 0 LBS 0 OZ
WEIGHT CHG: LBS 0Z
LENGTH: 0 0/8 IN
<OR> HEIGHT: 0 FT 0 0/8 IN
IMMUN STATUS:
CA6: 0   PRO2: 0   B/C6: 0
T F/V5: 0   A1: 0   C1: 0

CURRENTLY BREASTFEEDING:
FREQUENCY:
EVER BREASTFED:
DATE BREASTFEEDING BEGAN: / /
DATE BREASTFEEDING CEASED:
DURATION OF BREASTFEEDING: 0 WEEKS
REASON BREASTFEEDING CEASED:
FIRST FORMULA AT: 0 WEEKS

PRESS F5 WHEN YOU ARE READY TO PROCESS THIS SCREEN
  
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WICPS104                                COLORADO WIC PROGRAM - CDPHE                                12/01/1999
TPAIN                                     UPDATE WOMAN VISIT DATA                                1:50:00 pm

PARTICIPANT ID: 310-0000044              NAME: EXAMPLE              WOMAN
CATEGORY: P                               DOB: 04/18/1971   AGE: 28 YRS 7 MOS
VISIT DATE: 12/01/1999   VISIT TYPE: C   CERTIFICATION/RECERTIFICATION
ANTHRO DATE: 12/01/1999   EDD DATE: 05/12/2000 WKS GEST: 16

CURRENT TOBACCO, ALCOHOL & DRUG USE    HEALTH DATA
SNOKE:      CIGARETTES/DAY: 0
CHANGE IN SMOKING:
OTHERS IN HOUSEHOLD:
HEMATOCRIT: 0.0 %
HEMOGLOBIN: 0.0 (GM/100ML)
BLOOD LEAD: 99 (UG/DL)
WEIGHT: 0 LBS 0/4 LB
WEIGHT CHG: LBS /4 LB
HEIGHT: 0 FT 0 0/8 IN
0 IN
BHI: 0.00
CA4: 0   PRO3: 0   B/C6: 0
T F/V5: 0   A1: 0   C1: 0

BRINK:      DRINK DAYS/WEEK: 0
DRINKS/DAY: 0
DRUGS:

BREASTFEEDING DATA
CURRENTLY BF:      FREQUENCY:
EVER BF:      REASON CEASED:
DURATION: 0 WKS

PRESS F5 WHEN YOU ARE READY TO PROCESS THIS SCREEN
  
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WICPS104 WOMAN

} Diet Information

CA = Dairy
 PRO = Meat/Meat Alternative
 B/C = Bread and Cereal
 T F/V = Total Fruits and Vegetables
 A = Vitamin A Fruit or Vegetable
 C = Vitamin C Fruit or Vegetable

Note that ASPENS tells you the number of servings recommended for the participant based on their category and age. CA6 indicates that a child needs 6 servings of dairy each day.

ASPENS does not accept fractions with respect to food groups. Only whole numbers may be entered. Always round the number of servings **DOWN** to the next whole number. If a participant ate 2 1/2 servings of meat/meat alternative, two should be entered as the number of servings eaten.

When entering the number of Total Fruits and Vegetables (T F/V) the number includes all “other fruits and vegetables” as well as those high in vitamin A and high in vitamin C. For example, if a pregnant woman ate:

- ½ cup green beans (1 other F/V)
- ½ cup mashed potatoes (1 other F/V)
- one orange (1 vitamin C)
- ½ cup cooked carrots (1 vitamin A)

Her total fruits and vegetables (T F/V) is 4, her vitamin A = 1 and vitamin C = 1. T F/V is the total number of servings of fruits and vegetables consumed in a day including those that are high in vitamin A & C.

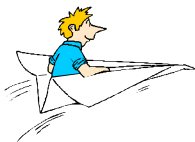
Certain fruits and vegetables are considered good sources of both vitamin A and C. In WIC these include:

broccoli
cantaloupe
papaya
red peppers

Cantaloupe and broccoli are fruits and vegetables that are classified as being high in BOTH vitamin A and vitamin C. If a pregnant woman ate ½ cup of steamed broccoli it would count as one T F/V, one A, and one C.

After the number of servings from each food group are entered into ASPENS the computer will compare the number of servings eaten against the recommended number for each food group. If a WIC participant has less than the recommended number of servings for any of the food groups, ASPENS will assign the Nutrition Risk Factor #81 “Inadequate Diet” as an objective risk factor.

#5 Practice!



Answers to the Practice!
are at the back of the module.

Complete the following 24-hour Diet Recalls.

(See attached sheets)

1. Pregnant adult woman
2. 3 year old child

Complete the following Food Frequencies.

(See attached sheets)

3. Pregnant adult woman
4. 4 year old child

COLORADO WIC PROGRAM 24-HOUR FOOD RECALL

Exercise #1

Pregnant
adult

Date

NAME

AGE

DAY/DATE

Please write down everything you (or your child) eat or drink on a typical day. If yesterday was a typical day, you may write down those foods. Begin with the first thing eaten after getting up until the last thing eaten before bed time. If you or your child get up and eat or drink during the night or eat or drink anything between meals, please list those foods too. Tell us as much as you can about how the foods were prepared (baked, fried, raw, etc.) and how much you eat in cups, teaspoons, or ounces.

FOOD OR DRINK			FOR STAFF USE ONLY						
TIME	EATEN	AMOUNT	Dairy Prod.	Meat/ Meat Alt.	Bread/ Cereal	Fruits/ Vegs	Vit. A	Vit. C	Other
6:00	Oatmeal (1/2 cup) with milk (1/4 cup) + Sugar banana								
2:00	Sandwich with tuna salad (2 slices bread 1/2 cup tuna salad) lettuce salad with 1 medium tomato (1 cup lettuce) Salad dressing 1/4 cup 1 glass milk 12 ounces								
3:00	Cheddar cheese 1 1/2 ounce crackers 10								
6:20	Spaghetti with meat sauce 3 cups Pepsi 12oz Can garlic bread 1 slice								
9:00	ice cream 3/4 cup.								
Total Servings Eaten									
Suggested Servings Needed									
Adequate (A) or Inadequate (I)									

Assessed by: _____ (Staff)

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COLORADO WIC PROGRAM 24-HOUR FOOD RECALL

Exercise #2

NAME

3 years old

AGE

Date

DAY/DATE

Please write down everything you (or your child) eat or drink on a typical day. If yesterday was a typical day, you may write down those foods. Begin with the first thing eaten after getting up until the last thing eaten before bed time. If you or your child get up and eat or drink during the night or eat or drink anything between meals, please list those foods too. Tell us as much as you can about how the foods were prepared (baked, fried, raw, etc.) and how much you eat in cups, teaspoons, or ounces.

FOOD OR DRINK			FOR STAFF USE ONLY						
TIME	EATEN	AMOUNT	Dairy Prod.	Meat/ Meat Alt.	Bread/ Cereal	Fruits/ Veggies	Vit. A	Vit. C	Other
7:30	rice krispies	1/2 cup							
	milk on cereal	1/4 cup							
	toast with margarine + jelly	1/2 slice							
10:00	animal crackers	5							
	milk	1/2 cup							
12:30	Sandwich (1/2)	1 slice bread 1/4 cup tuna salad							
	grape juice (seneca)	1/2 cup							
	potato chips	6 chips							
4:00	apple	1/2 medium							
7:00	macaroni & cheese	1 1/2 cups							
	hot dog (no bun)	1							
	Fruit Punch	1/2 cup							
Total Servings Eaten									
Suggested Servings Needed									
Adequate (A) or Inadequate (I)									

Assessed by: _____ (Staff)

WIC #425 (rev. 5/96)

Name Exercise #3 Pregnant AdultDate Date**What Did You Eat Yesterday?**

Instructions: For each group of foods listed below write the number of times you ate the foods yesterday. If you did not eat any foods in a group put a "0" in the column.

Type of Food	Number of Times Eaten	WIC Use Only
MILK: whole, 2%, 1%, skim, flavored <u>1 cup</u>	<u>2</u>	
CHEESE, COTTAGE CHEESE, PIZZA, MACARONI & CHEESE		
MILK BASED SOUPS, ICE CREAM, YOGURT, PUDDING	<u>1</u>	
MEAT, POULTRY, FISH: hamburger, roast beef, steak, pork chops, ham, chicken, turkey, tuna fish, stew, casserole with meat or fish, burrito	<u>1</u>	
LUNCHEON MEATS, HOT DOGS, SAUSAGE	<u>1</u>	
EGGS		
DRY BEANS, PEAS, LENTILS, PEANUT BUTTER, TOFU, NUTS		
CEREAL: hot or cold	<u>1</u>	
RICE, NOODLES, PASTA, MACARONI, MACARONI & CHEESE, SPAGHETTI	<u>1</u>	
SANDWICH, BREAD, TOAST, ROLLS, BAGELS, TORTILLAS	<u>2</u>	
PANCAKES, WAFFLES, PIZZA, CRACKERS, BISCUITS, POPCORN		
VITAMIN A FRUITS AND VEGETABLES: apricots, broccoli, cantaloupe, carrots, red chili, collards or kale (greens), mango, pumpkin, spinach, sweet potato, winter squash		
VITAMIN C FRUITS AND VEGETABLES: broccoli, Brussels sprouts, cantaloupe, green chile, grapefruit, orange, green pepper, strawberries		
JUICE: orange, grapefruit, tomato or other juices	<u>1</u>	
OTHER FRUITS AND VEGETABLES: including potatoes, tomatoes, corn, salads, bananas, apples, and any other fruits or vegetables not listed above	<u>2</u>	
OTHER DRINKS: Soda pop, coffee, tea, Kool-aid, fruit drink, sports drinks	<u>2</u>	
ALCOHOLIC BEVERAGES: beer, wine, mixed drinks		
Potato chips, corn chips, pretzels	<u>1</u>	
Candy, cake, cookies, donuts, poparts		
List any other foods eaten which were not listed above: <u>2 Beef Enchiladas with Green Sauce</u>		

Child's Name Exercise #4 4 year old childDate DATE**What Did Your Child Eat Yesterday?****Instructions:** For each group of foods listed below write the number of times your child ate those foods yesterday. If your child did not eat any foods in a group put a "0" in the column.

Type of Food	Number of Times Eaten	WIC Use Only
MILK: whole, 2%, 1%, skim, flavored <u>3/4 cup</u>	<u>2</u>	
CHEESE, COTTAGE CHEESE, PIZZA, MACARONI & CHEESE		
ICE CREAM, YOGURT, PUDDING, MILK BASED SOUPS	<u>1</u>	
MEAT, POULTRY, FISH: hamburger, roast beef, steak, pork chops, ham, chicken, turkey, tuna fish, stew, casserole with meat or fish, burrito		
LUNCHEON MEATS, HOT DOGS, SAUSAGE	<u>1</u>	
EGGS		
DRY BEANS, PEAS, LENTILS, PEANUT BUTTER, TOFU	<u>1</u>	
CEREAL: hot or cold	<u>1</u>	
RICE, NOODLES, PASTA, MACARONI, MACARONI & CHEESE, SPAGHETTI	<u>1</u>	
SANDWICH, BREAD, TOAST, ROLLS, BAGELS, TORTILLAS	<u>1</u>	
PANCAKES, WAFFLES, PIZZA, CRACKERS, BISCUITS, POPCORN	<u>2</u>	
VITAMIN A FRUITS AND VEGETABLES: apricots, broccoli, cantaloupe, carrots, red chili, collards or kale (greens), mango, pumpkin, spinach, sweet potato, winter squash	<u>1</u>	
VITAMIN C FRUITS AND VEGETABLES: broccoli, Brussels sprouts, cantaloupe, green chile, grapefruit, orange, green/red pepper, strawberries		
JUICE: orange, grapefruit, tomato, or other juices	<u>1</u>	
OTHER FRUITS AND VEGETABLES: including potatoes, tomatoes, corn, salads, bananas, apples, and any other fruits or vegetables not listed above	<u>2</u>	
OTHER DRINKS: soda pop, Kool-aid, fruit flavored drinks, tea, sports drinks	<u>2</u>	
Potato chips, corn chips, pretzels		
Candy, cake, cookies, donuts, poptarts	<u>1</u>	
List any other foods eaten which were not listed above: <u>CINNAMON COATED RAISINS (1/2 cup)</u>		

5. For the 24-hour Food Recalls and Food Frequencies completed in the previous section indicate the number of servings that would be entered into ASPENS for each food group.

#1. CA____ Pro____ B/C____
T F/V____ A____ C____

#2. CA____ Pro____ B/C____
T F/V____ A____ C____

#3. CA____ Pro____ B/C____
T F/V____ A____ C____

#4. CA____ Pro____ B/C____
T F/V____ A____ C____

6. Complete the following 24-hour Food Recall charts for the fruit and vegetable groups:

- a. Pregnant woman consumed the following fruits and vegetables:

FOOD OR DRINK			FOR STAFF USE ONLY						
TIME	EATEN	AMOUNT	Dairy Prod.	Meat/ Meat Alt.	Bread/ Cereal	Fruits/ Vegs	Vit. A	Vit. C	Other
8:00	Banana	1 medium							
	Orange juice	6 ounces							
12:00	Lettuce (raw)	1 cup							
5:00	Canned corn	1/2 cup.							
Total Servings Eaten									
Suggested Servings Needed									
Adequate (A) or Inadequate (I)									

b. Child consumed the following fruits and vegetables:

TIME	FOOD OR DRINK EATEN	AMOUNT	FOR STAFF USE ONLY						
			Meat/ Meat Alt.	Bread/ Cereal	Fruit/ Veg.	Vit. A	Vit. C	Other	
8:00	Cantaloupe cubes	1/4 cup							
10:00	grape juice (w/c)	1/2 cup							
5:00	cooked carrots	1/2 cup							
	peach (medium)	1/2							
Total Servings Eaten									
Suggested Servings Needed									
Adequate (A) or Inadequate (I)									

7. Below is a portion of a food frequency form showing the fruit and vegetable servings consumed by a pregnant woman. Complete the column for "WIC Use Only" showing the numbers of servings from each group.

Type of Food	Number of Times Eaten	WIC Use Only
VITAMIN A FRUITS AND VEGETABLES: apricots, broccoli, cantaloupe, carrots, red chili, collards or kale (greens), mango, pumpkin, spinach, sweet potato, winter squash	0	
VITAMIN C FRUITS AND VEGETABLES: broccoli, Brussels sprouts, cantaloupe, green chile, grapefruit, orange, green pepper, strawberries	1	
JUICE: orange, grapefruit, tomato or other juices	1	
OTHER FRUITS AND VEGETABLES: including potatoes, tomatoes, corn, salads, bananas, apples, and any other fruits or vegetables not listed above	2	

For this woman what numbers should be entered into ASPENS for:

T F/V = _____ A = _____ C = _____